

CONGRATULATIONS to all of the
2015 County Congress Participants!!



Here are the Grand & Reserve Champion Award Winners...

<u>Platform</u>	<u>Name</u>	<u>Award</u>
Junior Talks & Demonstrations	Kylie Green	Junior Grand Champion - tie
Junior Talks & Demonstrations	Kaylee Fritz	Junior Grand Champion - tie
Junior Talks & Demonstrations	Lane Anello	Junior Reserve Champion
Senior Talks & Demonstrations	Cortnee Anello	Senior Grand Champion
Senior Public Speaking	Miranda Lauria	Senior Grand Champion
Senior Public Speaking	Monique Schoech	Senior Reserve Champion
Senior Instrumental	Brittany Hendirckson	Senior Reserve Champion
Fashion Revue	Mirrer Bain	Grand Champion
Writing	Abigail Fisher	Grand Champion
Writing	Rose Fisher	Reserve Champion
Crafts	Abby Fritz	Junior Grand Champion
Crafts	McKenna Hartle	Junior Reserve Champion
Fine Arts	Abigail Fisher	Junior Grand Champion
Fine Arts	Mirrer Bain	Junior Reserve Champion
Fine Arts	Abigail Fisher	Junior Reserve Champion
Fine Arts	Bailey Hewitt	Senior Grand Champion
Fine Arts	Bailey Hewitt	Senior Reserve Champion
Photography	McKenna Hartle	Junior Grand Champion
Photography	Mirrer Bain	Junior Reserve Champion
Photography	McKenna Hartle	Junior Reserve Champion

2015 Hand to Heart Award Winners are....



Bailey Lake- Sr. Grand Champion (11-13yrs)
Bethany Lyford- Sr. Reserve Champion (11-13yrs)
Kylie Green- Jr. Grand Champion (8-10yrs)
Jessie Chadwich- Jr. Reserve Champion (8-10yrs)

A quick summary of all the amazing work they've been doing can be found toward the end of this newsletter...

Did you know?...

One of the primary goals of the Flathead County Extension office is to offer the highest quality and most impactful educational programming possible, while simultaneously maintaining conservative stewardship practices. As an example of this effort, the Flathead County Extension office is currently ranked 54th out of 54 in per capita contributions received from the county, with \$1.33. The average per capita county contribution for Extension offices across the state is \$17.72. This means that the Flathead Extension office is offering county-wide programmatic efforts while utilizing only 7.5% of the average county contributions that other Montana county offices receive. Additionally, when considering citizens per Extension Agent, Flathead County is ranked 53rd out of 54 with 45,451 citizens per Agent. In contrast, the average citizens per County Agent in Montana is 9,876; which means that the Flathead County office staff is supporting approximately 460% more citizens per Agent than other county MSU Extension offices.

Some Extension Office Objectives...

The Flathead County Extension Office brings resources from Montana State University to the residents of Flathead County in the form of educational outreach conducted by locally-based MSU faculty. This is offered in an unbiased, research-based process, and is provided in direct response to identified needs. The result is a dynamic cycle of timely and relevant knowledge, resources and support to help Flathead County residents meet new challenges, make informed decisions and take action to improve their own quality of life.

4-H and Youth Development

- 4-H programs focus on Positive Youth Development while providing leadership, citizenship and life-skill education. Enrolled youth in the program, through individual and/or club participation, gain self-reliance in mastery, belonging, independence, generosity and teamwork, with an emphasis on providing a safe, inclusive environment.
- Extension also coordinates a thriving 4-H Volunteer Leader program by organizing resources while recruiting, training and advising volunteers. Programs include supervision with support, motivation and volunteer recognition. A robust Adult Leadership base is an essential objective for program success.



Agriculture, Natural Resource and Community Development

- Extension designs programs to protect the environment through educational trainings for homeowners and farmers. Proper identification of insects and diseases and management recommendations reduce the amount of pesticides used on gardens, lawns and crops.
- Extension provides educational resources such as books and Montguides or factsheets created by Montana State University on hundreds of topics ranging from gardening, livestock production, forestry, lawn care and food preservation based on scientific research.
- Extension supports healthy lifestyles. The Extension Agent bolsters the local food network established in Flathead County by working with vegetable and fruit growers, schools, community gardens, food banks and farmers markets. The agent is also a certified Good Agriculture Practices trainer that is qualified to help farmers meet federal standards of food safety.
- Extension conducts agriculture research that expands economic opportunities for land owners. New varieties, innovative crops and unique markets are presented to area producers as opportunities to increase profits. Educational seminars are delivered to help real estate agents sell property, farmers retail their harvest and homeowners increase the value of their property through proper landscaping.

Supplemental Nutrition Assistance Education

- Supplemental Nutrition Assistance Program (SNAP) ED assists youth and adults in adopting better food choices and active life styles to support and encourage a healthy future. Adult audiences consist of individuals who are eligible for SNAP, WIC or commodity food assistance.

Here's a snapshot of a few trends taking place at the Extension Office...



EXTENSION

Flathead County Extension Office Performance Measures & Workload Indicators

Performance Measures

Measure	Actual FY 2013	Actual FY 2014	Budgeted FY 2015	Estimated for FY 2016
1 . Youth enrolled in Flathead 4-H program	1,441	1,169	1,277	1,288
2 . Adults registered as Certified 4-H Volunteers in the Flathead	151	196	183	200
3 . Number of 4-H participants who report "live in town"	489	319	335	352
4 . Number of 4-H participants who report "live out of town"	572	850	892	936
5 . Number of homeschool members who use 4-H curriculum to supplement their education	97	104	97	104
6 . Average number of years Flathead adult volunteers continue to lend their support and leadership as Certified 4-H leaders	5.07	5.13	5.00	5.00
7 . Provided educational training for private pesticide applicators	165	45	135	140
8 . Provided certification for Weed Seed Free Forage producers	23	23	23	23
9 . Provided Horticulture Workshops	N/A	385	N/A	400
10 . Provided Weed Educational Programs	N/A	421	N/A	450
11 . Conducted Private Consultation to Land Owners	N/A	2,012	N/A	2,300

Workload Indicators

Indicator	Actual FY 2013	Actual FY 2014	Budgeted FY 2015	Estimated for FY 2016
1 . Number of 4-H educational programs delivered	279	279	279	279
2 . Attendance at all 4-H educational sessions throughout the county	14,661	32,321	33,937	35,634
3 . Total number of 4-H projects completed with certification	1,437	1,587	1,666	1,749
4 . Of those, number of 4-H STEM projects completed w/certification	1,161	1,291	1,356	1,424
5 . Total number of awards & recognitions delivered to 4-H members	483	515	541	568
6 . Number of 4-H members representing the Flathead at State & National events	276	200	210	220
7 . Number of 4-H members who gain leadership skills during camps and other overnight activities	269	207	208	218
8 . People served in the Food Stamp Nutrition Education program	443	491	604	500
9 . Acres Certified in Weed Seed Free Hay Certification Program	623	859	623	623
10 . Food Production Education for Homeowners	469	519	494	545
11 . Total Master Gardener Participants in Flathead County	296	318	321	348
12 . AG walk-ins, phone calls, and emails	N/A	N/A	2,588	2,776
4-H walk-ins, phone calls, and emails	N/A	N/A	15,954	17,549
FCS walk-ins, phone calls, and emails	N/A	N/A	48	53
13 . Master Gardener Volunteer Hours Donated to the County	2,678	3,058	3,178	3,858



4-H CAMP CLEAN-UP DAY & POTLUCK

DARRELL FENNER Loon Lake 4-H CAMP

SATURDAY, MAY 9, 2015 - 10:00am

The camp will provide beverages and burgers for lunch. Plan to bring a pot luck item and we'll meet around 10:00 am. Don't forget to bring chainsaws, shovels, rakes, wheel barrows, leaf blowers, shop vacs, gloves, hammers, screwdrivers and any other useful tool for the job.

We will supply any needed building materials.

Please CALL the Flathead County Extension Office and let us know how many are in your group so we can plan for lunch — 758-5553

All Flathead County 4-Hers who attend camp clean-up day will qualify for a 25% camp registration discount.

If you're coming in from out of town and would like to stay one night at the camp, please contact the Flathead Extension Office asap and we'll help with accommodations.



Dog obedience classes will start June 22nd and will run up to the week of the NWMT Fair. Dogs will learn how to meet friendly strangers and sit politely for petting. Distractions will be presented in class, such as having a goat walk through while the dogs are doing a "down, stay" or a "sit, stay."

Classes are open to 4-H and the general public. Fees are: General Public - \$60.00; 4-H/F.F.A - \$10.00

The first class will start with a video and overview of the classes then participants will register for the days that work best for their schedule. No dogs at the first class. Once a dog has taken the class, it can come back for FREE for the rest of its life. If anyone would like to come back as a returning student, please call Anni to make a reservation.

For more information and to sign up, call Anni Sutkus @ 892-5383



4-H Camp is COMING!!

July 20-July 24, 2015

Flathead County 4-H Camp

For those Age 8-12yrs old (as of your age on Oct. 1, 2014)



Apply by going to the county 4-H website at <http://flathead.mt.gov/extension/downloads.php>

Fees: \$110.00 for existing 4-H Members, \$125.00 for all others *scholarships available

Registration DUE by July 1

4-H Mystery at the Lake



June 5, 6 & 7, 2015

Camp begins at 3pm on Friday, and closes noon Sunday

Darrell Fenner 4-H Camp • Loon Lake • Ferndale

Share in the exciting experience of
Cloverbud Camp with your child!

*Youth camper must be accompanied by a
parent or guardian to Cloverbud Camp.*

To request a disability accommodation or to inform us of special needs, please contact the MSU Lake County Extension Office at 676-4271.

Canoeing



Ages 6-8

Swimming

Hike

Family Time



Games

Crafts



The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

Cloverbud Camp Registration (Due May 29)



Child # 1's Name _____ Age _____ Male ☐ Female ☐

Child # 2's Name _____ Age _____ Male ☐ Female ☐

Address _____ County _____

Phone _____ E-mail _____

Name of Adult Chaperone _____ Male ☐ Female ☐

Address _____

Home Phone _____ Cell Phone _____

Emergency Contact _____ Phone _____

Fee: \$110 for one youth camper and one adult (\$50 for each additional youth or adult). Full refunds before June 1, 1/2 refunds after. Make checks payable to Lake County Extension.



Send registration and fee to the MSU Lake County Extension Office, 300 Third Ave. N.W., Ronan 59864.
Call 406-676-4271 for more information.

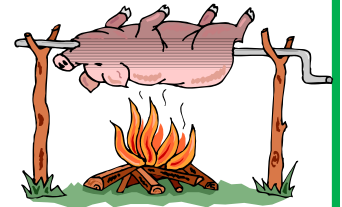
EVERYONE needs to SAVE THIS DATE!

Saturday, Sept. 12



The 2014-2015 4-H Achievement & Adult Leader Awards Banquet will be held on Sat. Sept. 12th in the Expo building on the fairgrounds.

Plan to bring a few pot luck items and your entire family, and join fellow club members in support of all those who will be receiving awards.



ATTENTION
Cloverbud Parents!

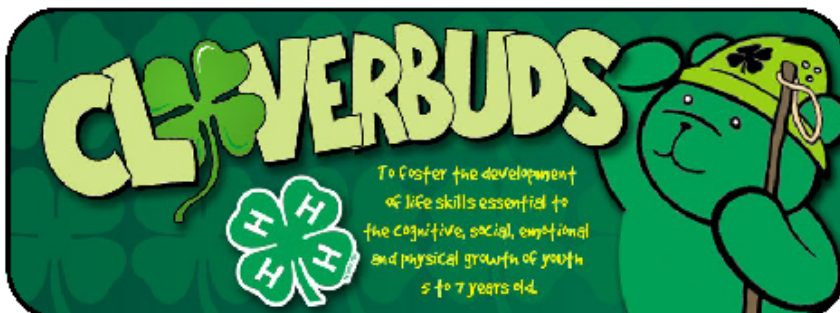
CL^{VER}BUDS

"Cloverbuds" are kids 5-7yr olds who do fun 4-H stuff!

Our last Cloverbud Meeting until September will be on

Thursday, **May 28**, from 5:30-7pm in the Expo building on the Fairgrounds.

Mark your calendars and **Come Join us!!**



For more information, call our 4-H Extension Agent

Tammy Walker at 758-5552 or

Email: tammy.walker1@montana.edu

DON'T MISS FLATHEAD COUNTY'S **2015 Agape' Classic - Junior 4-H Livestock Show**



WHEN?

July 11, 2015; Hogs & Lambs weigh-in @ 8am
Beef Hip Height @ 11am

WHERE?

Flathead County Fairgrounds

WHAT ELSE DO I NEED TO KNOW?

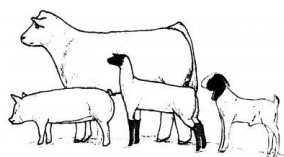
Open to all 4-H, FFA & Jr. Association Members

Market Steers, Lambs & Hogs - \$15 per class

Breeding Heifers & Lambs - \$15 per class

Showmanship Beef, Lambs & Hogs - \$5 per class

Registration packets available online at: www.flathead.mt.gov/extension



Lamb Tagging & Weigh-in

Monday, May 18th - 4:30-6:30pm - Fairgrounds
For more info, call Kim Morrison at 261-9032 or Inga Lake at 261-3807

Livestock leaders may check-out ear tags from the Extension office for their club members. If your club leader tags your lamb for you, you do not need to take them to the fairgrounds on the 18th. This is for members who can't get with their club leaders.



Upcoming 4-H Meetings and Special Events



Forums, Committees & Councils

- **Horse Committee:** *Thursday, May 14 at 5:45pm 3rd floor of Earl Bennett Bldg.*
- **Ag/Livestock Committee:** *Thursday, June 4th at 5:30pm in the 4-H Building at the fairgrounds*
- **Flathead 4-H Foundation:** *Thursday, June 4th at 6:45pm in the 4-H Building at the fairgrounds*



Upcoming Activities & Other Meetings

- ◇ **Horse Camp:** *May 1-3.*
- ◇ **Loon Lake Camp Clean-Up:** *May 9.*
- ◇ **Sheep tagging & weigh-in:** *Monday, May 18.*
- ◇ **Cloverbud Meeting:** *Thursday, May 28 - Expo Bldg.*
- ◇ **Cloverbud Camp** *June 5-7*
- ◇ **Dog Obedience Classes:** *June 22.*
- ◇ **State Congress:** *July 7-10 in Bozeman.*
- ◇ **Agape 4-H Livestock Show:** *July 11 at the Fairgrounds.*
- ◇ **Flathead 4-H Camp:** *July 20-24*
- ◇ **NW MT Fair:** *August 15-23.*
- ◇ **4-H Awards Banquet:** *September 12*

2015 Hand to Heart Participant Summaries

Participants received up to 10pts for effort in their application, 1pt for each interview answer that was community/citizenship based, 1pt for each community/citizenship act they listed, and up to 2pt for above average poise and confidence in their interview. If there was a tie, it was broken by the actual number of community/citizenship acts.



8-10yr Age Group

Kylie G. (*Grand Champion*) – loves to volunteer by collecting can goods for the Veteran's Food Pantry; helping her 90 year old grandmother with bird feed and raking her yard; gathering box tops for Elrod School; gathering socks for Veteran's; helping with bingo for the Veteran's; helping with "cheer-up" bags for shut-ins; participated in the Pink Me Up walk for cancer awareness; participate in the cookie dough fund raiser for Elrod School; sold coupons for Herberger's coupon sale.

Jessie C. (*Reserve Champion*) – loves to volunteer through Girl Scout activities; through relay for life to raise money for cancer patients; through her 4-H Club activities; and through neighbors in need activities.

Patience B. – loves to volunteer through the Junior Rangers activities; help clean up camp ground at Kern River Valley California; ring bell for Salvation Army; helped paint her great grandmothers house; and helped gather research on loons for the Glacier National Park scientists.

Mirror B. – loves to volunteer through the Junior Rangers activities; ring bell for Salvation Army; cleaned up trash in national parks; helped paint her great grandmothers house; and helped gather research on loons for Glacier National Park scientists.

11-13yr Age Group

Bailey L. (*Grand Champion*) - loves to volunteer by helping with the Flathead Agape' Classic 4-H Junior Livestock Show; help with sheep seminars; helping at the fair awards; helping with the Interstate Exchange Supper; ring bell for toys for tots; holding a paper drive; participated in the Pink Me Up walk for cancer awareness program; helped at the Columbia Falls Community Kitchen; helped with the school food drive; organized a show cloths swap; she volunteers in the kindergarten class at school; she is an active participant in her 4-H Club as treasurer; and helped with her club food drive.

Bethany L. (*Reserve Champion*) - loves to volunteer by working the official score books for the boys basketball team; help fellow students in school to with difficulties to focus and learn; helps in the kindergarten class as a teacher's aide; helping on the dairy farm with the calves; helps by gardening and donating her crop or sales from her crop; and she is involved in student council; makes blankets with her 4-H club and gives them to the homeless high school students in the Flathead Valley and the Veterans home; recycle; making and delivering gift baskets for the Heritage house; testing furniture for the West Valley School; at the fair she shows smaller children how to care for calves; served breakfast to the buyers at the buyers breakfast at the fair; and she helps at the annual Milk and Cookies event at the Kalispell Creamery preparing for the event and educating the public about cows.

Makenna H. – loves to volunteer through her 4-H club as secretary and other community activities; active in student government; help with child care during cub scout meetings; help with roadside clean up; help with dinners to raise money for mission trips; help paint her Pastor's house; doing chores for the elderly; helping with children's' church; helped with Feed the Flathead; helped with donating food to the Animal Shelter; and through Girl Scouts helping with the Brownie troop activities.

Anna M. – loves to volunteer through her school food drive; organizing a "spring clean out your pantry" for the food bank; helped with sheep seminars so other kids could know more about their sheep; through my 4-H Club doing community service activities; served breakfast at a fund raiser for youth to help children in need; and helped shooting sports with their needs.



MSU Extension Service – Flathead County

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Web: <http://flathead.mt.gov/extension>

State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month



Play Group Granola Bars

Makes 24 bars Prep Time: 15 mins. Cook Time: 35 mins.

Ingredients:

2 cups rolled oats	$\frac{3}{4}$ tsp. salt
$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ cup honey
$\frac{1}{2}$ cup wheat germ	1 egg, beaten
$\frac{3}{4}$ tsp. ground cinnamon	$\frac{1}{2}$ cup canola oil
1 cup flour ($\frac{1}{2}$ all-purpose and $\frac{1}{2}$ whole wheat flour)	2 tsp. vanilla extract
$\frac{3}{4}$ cup of raisins or cranberries	

*** In place of the raisins or cranberries, you can add some diced apples and walnuts. Yummy, too!!

Directions:

Preheat the oven 350F. Generously grease a 9x13" pan.

In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into a prepared pan.

Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut.

Nutrition Facts:

Calories	161
Carbohydrates	26.6g
Cholesterol	9mg
Fat	5.5g
Fiber	1.4g
Protein	2.4g
Sodium	79mg



Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

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